BENGALURU, MONDAY, MAY 22, 2023 www.Bangaloremirror.com 12 Pages PRICE ₹3

Bangalore Mirror

TEMP Max 33 | Min 22 | Humidity 83% Partly cloudy Sensex 61,729 | Nifty 18,203 | Gold 60,390 | Silver 73,350 | Dollar 82.91 | Euro 89.68 | GBP 103.19

Sunday's gusty rain created mayhem. BM takes a look at condition of city's lakes and is livid to report that authorities have proven none the wiser

THIS BACK-CLOG WILL TAKE US DOWN

Diversion channels: UNCLEANED; drains: CLOGGED; restoration work: INCOMPLETE

| Garima Prasher
garima.prasher
@timesgroup.com

TWEETS @BangaloreMIRROR

As a strong spell of rain on Sunday spread chaos in the city, we have some grim news for the upcoming monsoon. From Seegehalli to Doddakallasandra and Yella Mallapa Shetty, and from Kothanur to Goudanakere and Subbarayanakere; the list of Bengaluru's lakes unprepared to face the challenges of the monsoon only keeps getting bigger.

Uncleaned diversion channels, clogged drains, unauthorised garbage dumping, and incomplete restoration work are only some of the issues plaguing the city's waterbodies. With monsoon just around the corner, experts say Bengaluru lakes are not prepared to receive rainfall-runoff this monsoon season too.

CONTINUED ON PAGE 6 »

"Diversion channels form a major aspect of lake rejuvenation projects. BBMP is putting in a lot of taxpayers' money to create these channels, only to ignore them later

– Lake expert

...But, not a drop to drink

Every 15 days, 'pipeline damage' throws water supply off gear here

| Melvin Mathew
c-melvin.mathew@timesgroup.com

TWEETS @BangaloreMIRROR

Owing to 'negligence' by civic bodies, Mahalakshmi Layout residents have been deprived of proper water supply for the past five months. The residents say they are facing issues with water supply every 15 days, and have been told that the pipeline is broken.

The residents have no option but to depend on water tankers. When they tell the authorities about the issue, they are told that the pipe is damaged and water supply will be restored in a day. But, within 15 days, the water supply is irregular again.

"Every 15 days, water is disconnected and we are told that the pipe has been damaged. The pipeline was just made six months back. Yesterday, there was no water and we are forced to spend Rs 800-1,000 for water tankers. We have been facing the issue for the past 5-6 months. Officials say that there is no water supply in the entirety of Mahalakshmi Layout," said Omprakash, a resident of the area.

Residents however noted that BWSSB officials are not intimating them about the shortage in supply.

CONTINUED ON PAGE 6 »

3 THINGS TO DO

01 Chess fun

Bengaluru Urban District Chess Association in partnership with Akshayakalpa Organic and Forum Mall, Konanakunte Cross is organising a chess tournament that welcomes novice to seasoned players and offers an opportunity to engage in thrilling matches.
Where: Forum Mall, Kanakapura Road, Konanakunte Cross Metro; When: May 26 to 30

02 Classical beats

Grab the chance to attend a unique classical dance event, Bhavarnava, which is centred around the art of 'abhinaya'. The event features some of the talented dancers who will exhibit the art of expression in Indian classical dance forms.
Where: Sri Krishnadevaraya Kalamandiram, behind Chowdiah Memorial Hall, Vyalikaval When: Sunday, May 28; 4 pm to 8:45 pm

03 For filmmakers

If you are into making films, here's a golden opportunity for you to submit your work for a film festival. Science Gallery Bengaluru is looking for films across various languages, formats, and genres centred on the theme of their upcoming exhibition season: carbon. If you have already made or are making a film that examines humans' relationship with carbon, you can send your work. **Submit to: https://sciencegallery.submittable.com/submit/258665/call-for-entries-film-festival-at-carbon**
When: deadline for submission is June 5

From leaves to straw

Bengaluru-based IT professional ventures into making straws from coconut leaves, not only eliminating waste but also reducing air pollution

Abhijeet Kabad
mybangaloremirror
@timesgroup.com
TWEETS @BangaloreMIRROR

The startup, Evlogia Eco Care, was founded by Manikandan (inset). The staff consists of 20 rural women labourers who are trained to become independent entrepreneurs

Shed coconut leaves are a ubiquitous sight in the city and beyond. In most cases, they are burnt as an easy disposal, adding to the environmental pollution. To change this, Manikandan, a Bengaluru-based IT professional from Tamil Nadu, came up with a unique idea to use this agricultural waste for a better cause.

Elaborating on how he started with the idea, Manikandan, who has been in the city for the last 10-15 years, said that he had started the company Tenco foods which sold tender coconuts. Manikandan told Bangalore Mirror, "We were providing plastic straws with the same and slowly ventured into paper straws. But we found that the paper was getting soggy and it was not eco-friendly for the environment."

This resulted in making straws from the coconut leaves. On a daily basis, there are tonnes of coconut leaves that are shed. These are burnt in the field causing more air pollution. The idea of making straws out of this not only eliminated the waste but helped reduce air pollution, he says.

> **"We were providing plastic straws with the same and slowly ventured into paper straws. But we found that the paper was getting soggy** – Manikandan

The entrepreneur's startup, Evlogia Eco Care, was founded by him in January 2019 and initially, the startup began producing 150 straws out of the coconut leaves on a daily basis. "All the coconut leaves are collected. The staff consists of 20 rural women labourers. The process from the leaf to a finished product consists of 7 steps. Each step has a particular machine. We make 10,000 straws on a daily basis".

The women are educated and trained to become independent micro entrepreneurs.

The process has already been patented in five countries: India, USA, United Kingdom, Canada and Malaysia. The company has also tied up with the central government and plans on making plates and cups from the dry coconut leaves.

Manikandan said that initially 85 per cent of straws were exported abroad as plastic was cheap in India and the demand was low. Currently, 50 per cent of the straws are used by Indian hotels. The straws are sent to Adyaar Anand Bhavan and Bohemians in Bengaluru, Park Hyatt in Hyderabad and many resorts in Goa. They are also exported to countries like Germany, USA and the United Kingdom. Manikandan plans on expanding exponentially in the next few years. "We will be opening three more units and producing 1,00,000 straws daily by the end of the year. The plan is automation development so that each unit can produce 30,000-35,000 straws every day."

The production unit is present in Konanakunte. They are planning to expand to coastal Karnataka in places like Hosadurga as they receive the raw material from there.

Rallying for women's inclusivity

In a display of empowerment, the Women on Wheels (WOW) car rally took place on Sunday, supporting the cause of women's inclusivity in the workplace. This unique event aimed to amplify women's voices, demanding safer driving conditions and facilities for women drivers, while creating awareness to build a protective society for women.

The WOW Yokohama rally adopted the Time, Speed, Distance (TSD) format, which set it apart from traditional racing events. Unlike ordinary races where speed is the primary objective, this rally required teams to carefully navigate the route, calculate average speeds, and adhere to specified times. Each team consisted of a driver and a navigator, with the navigator playing a crucial role in keeping the team on track and avoiding penalties for being either too early or too late. Over 50 cars participated in the event, traversing approximately 80-100 km on challenging terrain, including city, country, and highway roads. The rally tested both the participants' driving skills and their ability to solve engaging treasure hunt elements.

Karuuna Sharma, a rally participant who came from Delhi to participate in the event, said, "It's great to see that it's not just professionals who are participating, but women from all walks of life."

Radio personality RJ Malishka, who traveled from Mumbai to be a part of the event, said, "I am a big believer in driving down new paths and breaking barriers. Driving is liberating, and this rally was the perfect mix of adventure and fun for all participants!"

Harshawardhan Honmode, director, Yokohama India, said, "We are delighted with the overwhelming response to the car rally. Our core effort through the rally was to bring together women for whom driving is more than just commuting, and this event was an accurate representation of our corporate philosophy of celebrating the motoring lifestyle." **— BMB**

Dry waste centre burnt down

Woman who used to run centre in JP Nagar, her 20-odd workers left with no means of livelihood

Iffath.Fathima
@timesgroup.com
TWEETS @BangaloreMIRROR

The Dry Waste Collection Centre (DWCC) in ward 177, JP Nagar, was set on fire on Saturday around 7 pm leaving residents of the area in a state of shock. For Kumuda, who used to run the DWCC and is a former waste picker, this has been a double blow. Kumuda had put her own money into the centre to run it for the residents of the ward.

Kumuda was managing the centre along with a self help group of over a dozen women. The women would collect waste from door to door, sort and grade it, reclaim recyclables and send them for recycling.

The centre would also function as a learning space for students, academics, policy makers and citizens to see how decentralised waste management can be a boon to an area.

Kumuda told BM, "I was at the centre till 6 pm and after all the work, I locked it and went home. Around 7 pm, I got to know that the centre was burnt. I was shocked. By the time I reached there, the whole centre was in flames. We have nothing left there now. The residents of JP Nagar had supported us to set up the DWCC in the ward."

She had moved from a small space she originally operated at to a larger space of land allotted by the BBMP. "We would collect around 80 metric tonnes of dry waste in a month," she said.

With the centre gone, several people working there have lost their livelihoods. Kumuda added, "We have 20 people working in the DWCC including men and women. Now with the space burnt to cinders, we all have lost a place to earn income. I am the only breadwinner of the family and now I have no idea how to make ends meet."

Chinnaiah from Hasiru Dala, who managed the DWCC, said, "The DWCC has been running efficiently for two years. It was shocking when we got to know that it had been set ablaze. We have no idea who did it." Chinnaiah said they have informed the BBMP officials and marshals regarding the incident. "The fire and emergency services came and doused the fire the same evening. We will file an FIR in the police station. Kumuda has put in a lot of efforts to run this centre and now we want support to get it back. Her entire centre will need to be rebuilt and her livelihood and the livelihoods of her workers need to be supported during this time," he said.

Hasiru Dala and Thyajya Shramika Sangha (a union representing informal workers in waste across Karnataka) have asked the JP Nagar police station officials to run a complete investigation of the arson and until the culprits are apprehended. They have demanded that the BBMP restore the DWCC infrastructure and for the re-construction to begin within the week. They also want all DWCCs to be provided with Fire Insurance and to take delayed payments to DWCC Operators as a priority. They also demanded that Kumuda be compensated for her loss.

BBMP officials told BM that an investigation is on in this incident.

"Now with the space burnt to cinders, we all have lost a place to earn income. I am the breadwinner of the family and now I have no idea how to make ends meet

'Got my father killed as he could have lived for 20 more years'

CRIME FILES

A man accused of his father's murder has told the police he got latter killed as he was healthy and could have lived for 20 more years, due to which the former could have enjoyed the property only when he gets old.

The charge sheet in the murder case revealed that the accused son got the victim killed as he was healthy.

Landlord Narayana Swamy was killed on February 13 in Marathahalli in the city. The police investigations revealed the involvement of his son Manikantha and he was arrested.

Manikantha was the only son and when police asked him what was the need to get his father killed, when he could have inherited the property all by himself, the accused said his father Narayana Swamy was fit, and what he would do with the property when he would lose his youth.

Manikantha was jailed in connection with murder of his first wife. In jail, he got in touch with the notorious Naduvatti Shivu gang. When he discussed his plans to get his father killed, Shivu gang members asked him to carry out the murder and told him they would confess to the crime. Likewise, Manikantha hired 'supari' (contractual) killer Chitti Babu to kill his father. As per plans, Naduvatti Shivu gang members surrendered to police. But, the police rounded up Babu and his associate based on clues from the crime scene. The associate of Babu confessed to the crime, exposing the conspiracy and involvement of Manikantha.

Manikantha also told police that his father did not give him money for expenditures and looked down upon him. **–IANS**

Estd : 2006 Regd. No. : MSCS/CR1130/2014
ತುಮಕೂರು ಮರ್ಚೆಂಟ್ಸ್ ಕ್ರೆಡಿಟ್ ಕೋ-ಆಪರೇಟೀವ್
TUMKUR MERCHANTS CREDIT CO-OPERATIVE
(Multi State Co-Operative Society)
TMCC
ISO 9001-2015 Certified
H.O. : J.C. Road, TUMKUR - 572 101, Karnataka. Ph.: 0816-2260146
Email : ho@tmccltd.com AI based website : https://mytmcc.in
Best offer for Home Loan & Car Loan
8.60%* P.A.
HOME LOANS
* Conditions Apply
Turn your dream home to reality
Own the house and car of your dreams with our low interest home loan and new car loan
8.90%* P.A.
New CAR LOANS
* Conditions Apply
All Members & Customers Covered Accidental Insurance of
Rs. 5 Lakhs
* Conditions Apply
Sahakara Rathna
Dr. N.S. JAYAKUMAR
President
T.A. SRIKARA
Vice President
"Join & Grow with Us"

Beauty and the beast

Hemmigepura volunteers beautify over 50 black spots since May 2022, but there's a larger issue in the city

Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

Volunteers from Talghattapura after cleaning up the black spot; The group has beautified more than 50 black spots in and around the area and want to continue the 'Citizen Participation Programme

A group of volunteers from Hemmigepura Ward in the RajaRajeshwari Nagar Assembly constituency have been working hard to continue beautifying black spots in and around the area for a year. The initiative began on May 19, 2022 and they completed 52 weeks of beautifying black spots on May 20. The volunteers from Talghattapura have beautified more than 50 black spots and want to continue the 'Citizen Participation Programme' in the future. Not only do they aim to beautify black spots, but also create awareness among the public about the importance of keeping their surroundings clean and neat.

As part of an intensive cleanup drive on Saturday, the volunteers beautified a bus shelter, removed illegal advertisements, and painted a compound wall. They also wrote slogans to create awareness among the public. Additionally, they painted a section of the wall to be used as a selfie photo booth.

"We take this opportunity to thank the BBMP solid waste management team and the volunteers for their tireless commitment. We are fortunate to have this team on the ground, led by Ravi, senior health inspector, health supervisors of Hemmigepura Ward, and most importantly, pourakarmikas. I want to convey my special thanks to Superintending Engineer Nandeesha and Assistant Executive Engineer Poornima for visiting the spot. We shall be back again next week at another spot," said Chaithanya Surbamanya, a citizen volunteer.

She mentioned that the volunteers also visit schools and slums to create awareness among them about the importance of cleanliness. "We have visited 15 schools and three slums, appealing to them not to throw garbage on the road," she said.

Expressing immense satisfaction, Ananya Subramanya, a PU student, said that participating in the initiative gives her great joy. She has been participating in the beautification of black spots for the last eight years. "I used to participate in clean-up drives along with my parents. I participated in a clean-up drive organised at Turahalli Forest when I was in class 2 of school. I will continue to participate in beautifying black spots," she said with a smile. Meanwhile, Sudhakar PN, a volunteer, expressed his dissatisfaction with the public responsible for creating black spots. "I am very happy to be part of this team but unhappy with the apathy of the public. If we clean a black spot today, the same site becomes a black spot again. I want the public to be responsible and keep their surroundings clean," said Sudhakar.

"I am unhappy with the public apathy. If we clean a black spot today, the site becomes a black spot again – Sudhakar PN, volunteer

BBMP Superintending Engineer Nandeesha appreciated the volunteers for beautifying such spots throughout the year. "I want to thank the volunteers for their hard work and dedication. All wards in Bengaluru will be clean and neat if each ward has five or six such volunteers. I will continue to support them in the future," said Nandeesha.

Residents take matters in their hands here

Melvin Mathew
c-melvin.mathew
@timesgroup.com
TWEETS @BangaloreMirror

This is the state of Bandemutt layout; residents have filed a complaint due to the lack of development in their area that has been persistent

Residents of Bandemutt layout have filed a complaint due to the lack of development in their area. Basic infrastructural work like roads, drains, and the park is only half completed, they say. Even after 15 years since the establishment of the layout, initially under the Karnataka Housing Board, residents still lack basic amenities in their vicinity.

After the layout was handed over to the Bruhat Bengaluru Mahanagara Palike (BBMP) in February 2023, some work was carried out, but it still remains abandoned.

"A work order was issued for Rs 10 crore, but the layout is yet to be handed over to BBMP. Elections delayed the process – Sudarshan, resident

Sudarshan, a resident of the layout, told Bangalore Mirror, "A work order was issued for Rs 10 crore, but the layout is yet to be handed over to BBMP. Plans are in progress, but elections have delayed the process. Additionally, the sudden monsoons further delayed the work."

Ramakrishne Gowda, President of Bandemutt Layout Residents' Welfare Association, stated, "For the past 15 years, the layout has been in an abandoned state.

There are no roads for commuting, and during rainfall, there is waterlogging. The layout is yet to be handed over to BBMP. For the sake of citizens, some work has been halfwork, but it has been pending since the election."

Gowda added that even the work that was completed was of low quality, and they raised a complaint with the Lokayukta. "Contractors came and did the work late at night. Within a week, the tarred road was damaged," he added.

Umesh, another resident of the area, described the situation as terrible. "Ours is a very old layout, and the condition of basic infrastructure is dire. After more than 15 years, some work has been started. In the south block, there is no proper road. Residents are forced to use a mud road, and even village roads are better. We don't have roads, streetlights are slowly coming up, and drain work is in progress. Before the elections, some infrastructural work was taken up, and now it's been halted," he said.

He added that the CA land allocated for the development of the park is yet to be seen, and due to badly managed drains, water gushes out. He said his house was flooded once during the rains.

whatsapp MIRROR
9591233247
Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Move this!

Raja Ram Mohan Roy Road

A discarded shutter from a construction site has been dumped on the footpath near Raja Ram Mohan Roy Road, opposite the PF office.

Obstruction alert

Seshadri Road

Seshadri Road pedestrians are facing obstructions in the form of barricades and pipes.

Collapse risk

Malleswaram

A no parking board in front of Mantri Mall, Malleswaram is leaning precariously, seemingly supported by a wire.

Rescuers try to pull out the vehicle from the flooded underpass near KR Circle; while all six were rescued, it was too late for one

STORMY SUNDAY

Trapped in car, 23-yr-old techie dies in flooded underpass near KR Circle

Bangalore Mirror Bureau
mybangaloremirror
@timesgroup.com

TWEETS @BangaloreMirror

Bengaluru's underpasses are notorious for flooding during the rainy season. The same was witnessed on Sunday when a 23-year-old techie died after the car in which she was travelling was struck in an underpass near KR Circle. The five others who were with her were screaming for help as the gushing water was trying to drown the car. The five were rescued and shifted to a hospital.

Police said that a 23-year-old girl, Bhanurekha, died in the flooded KR Circle subway. The victim had bought a house near Electronic City and her family had come to see her three days ago. "Her family (five others from Andhra Pradesh) had come to Bengaluru for three days to enjoy their summer holidays. As the car driver was not familiar with the roads of the city, he drove the car in the underpass as shown by Google Maps, even in the rain. The driver of the car, without realising the depth of water stagnating, tried to zoom through. But when the vehicle reached the middle of the underpass, the vehicle almost got submerged," informed police

An eyewitness said, "I was returning from Vidhana Soudha when I heard loud screams from inside a car. Later, we got to know that the family which had come from Vijayawada was touring Bengaluru for the last three days. On Sunday, the group visited Cubbon Park where they hired a cab to head to their destination. However, as the car entered KR Circle underpass, it got stuck as the engine switched off. The driver desperately tried to switch on the engine, but in vain. 75 per cent of the car was submerged. As we didn't know how to swim, we were trying to stop vehicles to see if anyone knew how to swim."

They said that a quick response entered the scene to rescue the trapped people after that. Later, a police constable and a cab driver joined in. The window panes were broken. A few of them tried to throw sarees, shirts, ropes, and even wires to rescue the stranded. "Those who were inside the car were made to come up using a ladder. On the other hand, one woman was unconscious and rushed to a nearby hospital," they added.

Mohammed B, another witness, said, "I was coming from Shivajinagar when I heard the screams. The car was drowning. A few courageous individuals even risked their own safety by jumping in."

Chief Minister Siddaramaiah, who visited the hospital later in the evening, highlighted that the doors of the car were jammed due to the water, leading to a tragic outcome. He said the 23-year-old was pronounced dead upon arrival. Though the hospital provided timely treatment, he said he would conduct an inquiry to check if there were any lapses.

The deceased was working in a tech company. The state government has announced a compensation of Rs 5 lakh to the family. The government will also cover all necessary medical expenses.

Demolition drive round two?

The Chief Minister said that there was a need to take corrective steps. "There is an urgency for removing encroachments, particularly in the rajakaluves areas, as a crucial step in preventing flooding.
When I was the Chief Minister during the first term, we had taken up the demolition drive which was subsequently stopped. We may have to clear the encroachments at the earliest."

Meanwhile, scientist A Prasad said, "There was a trough 900 m above sea level extending from Vidarbha to Tamil Nadu, and as a result, many areas were receiving heavy rainfall. The rain will continue for the next three days till the trough weakens."

Above: A BM reader, K Jayachandran, sent a photo of a tree uprooted on 11th Cross Road Malleswaram near Amrut Ice Cream Parlour

"The car got stuck as the engine switched off. The driver desperately tried to switch on the engine, but in vain. 75 per cent of the car was submerged

– Eyewitness

Heavy rain, hail in city

Heavy rainfall and hail storms lashed Bengaluru on Sunday leading to severe water-logging in several parts of the city.

The rains disrupted normal activities for residents in different parts of the city. Trees were uprooted in several localities.

The onset of monsoon over Kerala is likely to be delayed this year, predicting its arrival on June 4, four days after the normal date predicted on June 1, India Meteorological Department (IMD) said.

"Southwest monsoon normally sets in over Kerala on June 1 with a standard deviation of about 7 days. India Meteorological Department (IMD) has been issuing operational forecasts for the date of monsoon onset over Kerala from 2005 onwards.

An indigenously developed state-of-the-art statistical model with a model error of +- 4 days is used for the purpose," IMD stated.

Last year, the monsoon over Kerala occurred on May 29, two days after IMD's prediction on May 27. The operational forecasts of the date of monsoon onset over Kerala during the past 18 years (2005-2022) were proved to be correct except in 2015, the IMD said. –ANI

Underpasses turn traps

An autorickshaw was also trapped at KR Circle and a woman passenger saved her life by climbing on top of the vehicle. The rescuers saved her too.

Meanwhile, several vehicles got trapped at another waterlogged underpass near Majestic, also in the centre of the city. People struggled hard to come out of their vehicles.

Many complained that the place gets flooded whenever there is heavy rainfall in the city and no measures have been taken to prevent it.

The submerged auto at an underpass near KR Circle

Rainwater entered several houses. At Mahalakshmi Layout, water gushed into houses, damaging furniture, electronics and grains.

Many other areas were waterlogged, including posh areas like Malleswaram and Rajaji Nagar, as well as Srirampuram, certain areas in Kengeri, Mysuru Road and several other low-lying areas.

An old building collapsed in Vidyaranyapura, officials said. No casualties were reported. –PTI

All scams of BJP govt will be probed: K'taka Minister

All scandals and scams committed during the tenure of BJP government in Karnataka would be investigated by the ruling Congress government in Karnataka, state cabinet minister M.B. Patil said on Sunday.

The statement has stirred a controversy ahead of the three-day Assembly session starting from Monday (May 22). Speaking to reporters, Patil maintained that the Congress government would investigate the PSI Recruitment scam, 40 per cent commission scandal and all other frauds that took place during the BJP government.

He further stated that including the Bitcoin scandal, the misappropriations taken place in all other departments would be exposed. "During the tenure of BJP, serious allegations surfaced and scandals were reported. Many of them have not been investigated appropriately.

"If the investigation is conducted, the case has not been taken to the logical end. The newly-elected Congress government will look into all the allegations and scandals and order re-investigation," Patil explained.

"Those cases, which have not been investigated, would be taken up for probe. He also maintained that CM Siddaramaiah had the same opinion to investigate all scandals during BJP rule, he stated.

"Not only Bitcoin, PSI scandals, all the cases in connection with irrigation, PWD, Bengaluru Development Authority (BDA), Bruhat Bengaluru Mahanagara Palike (BBMP) will be given attention. They will be verified on a case to case basis.

"The estimations have been escalated. In the place of Rs 100 crore, they have spent Rs 120 to Rs 150 crore," he charged.

"The officers list is ready and after taking oath in the Assembly, they will be transferred," he said.

Reacting to the statement of M.B. Patil, BJP National Parliamentary Board Member and senior leader B.S. Yediyurappa stated that it is natural for M.B. Patil to come out with such a statement. "We don't care about this. Let them carry out an investigation if there is any scandal. Let the guilty be punished," he said. **IANS**

Your Connect

jobs

SITUATION VACANT

MARKETING, ADVERTISING & SALES

SALES

TELE Sales / Relationship Executives (Male/Female) for a reputed Insurance Broking Co., Qualification- Any Graduates. Languages Known-Kannada / Basic English Knowledge. FRESHERS CAN ALSO APPLY Those who are having tele calling exp. in Credit Card, CarLoan, Insurance, Telecom, etc will have more preference Location: Malleswaram Bangalore. Mail resume to maheshm@accessbroking.com or contact -7736198881

OTHER VACANCIES

CALL CENTRES

alpha Customer Care

Day Shift Domestic CallCenter Company in Basavanagudi & Arekere BG Road requires

Inbound Executives / Team Leaders

Fluency in English & Hindi / Kannada / Telugu / Marathi

Qualification:

Degree / Diploma / PUC

Alpha Customer Care (P) Ltd.
#77, West Gate Point, RV Road,
(Near Lalbagh Metro Station)
Bangalore - 560004
Email: hr@accpl.co.in
Call: 9845003607

GENERAL

FEMALES wanted to take care of elderly Salary 13000 to 16000 with free meals accommodation for above 18 years. CALL : 8139962883

PART TIME JOBS

GLOBAL International India's No-1 Registered Co M & F Daily Earn 10,000 to 15,000 PF & ESI Benefits with Food & RM Whtsapp 9513045046/9886959077

REPUTED MNC Company. Will Provide Work From Home Earn 35k to 40k pm Intheir Life Here no Retirement Call: 9886641282/ 7019215243

real estate

BANGALORE PROPERTIES

INTERNATIONAL AIRPORT - AROUND

SALE: Excellent investment / development opportunities! Land parcels measuring~ 15,000 sq.ft to 11 acres in North Bangalore ideal for farm house, weekend-home, commercial, plotted, villa, row-house projects. In strategic location, excellent access & connectivity. Call 9739981605 Brokers Excuse

JAYANAGAR

3BHK (Fully furnished) FLAT for SALE Near South End circle, Khazi street. 200 mtrs from KR Park. Rs.1.29Cr. Call: 9739702982, 9739703182

JP NAGAR

2BHK Flat (penthouse) for SALE with private deck space in JP Nagar, Near 24th main, Nandhini Hotel. Rs.69lacs+Reg. PH : 9739703182, 9739702982

NAGASANDRA

PRESTIGE JINDAL CITY For SALE 2BHK East Facing, 11thfloor, Landmark: After Peenya Dasarahalli, After Ikea Nagasandra Metro Station Tumkur Road. Contact : Owner- 9845589999.

PADMANABHA NAGAR

SUPERIOR quality 3BHK flats for sale in Padmanabha nagar near Kadirenahalli petrol pump. East facing.Rs.76 & 77 lacs. 9739702982, 9739703182

RAJAJI NAGAR

SOBHA RAJVILAS 3BHK for SALE. Area 1982 sqft, 18th floor, WEST FACING Adjacent to LULU MALL, Rajajinagar. Contact : Owner – 9845589999

SAHAKARA NAGAR

FOR-SALE A Khatha 1860Sqft 3BHK Flat in Century Chimes Apartment in Sahakarnagar, Near Aster Hospital Contact: 9900486759/ 9844470000

PROPERTY ANCILLARIES

BUILDERS & CONTRACTORS

WE do Quality Construction by ex L & T Project / MGR. Fully furnished Homes/ Villas Completed in 150 Days. Ct.63830 63436.

personal

CHANGE OF NAME

I,TANVEER Ahmed Muneer S/o Muneer Ahmed R/o #11 , 8 Cross , Kempaiah Block , J C Nagar , B'luru-560006 have changed my name as given name : Tanveer Ahmed and surname as Muneer

I, Zainab Sufiya Tanveer D/o Tanveer Ahmed Muneer R/o #11 , 8 Cross , Kempaiah Block , J C Nagar , B'luru-560006 have changed my name as given name :Zainab Sufiya and surname as Tanveer .

I, Khan Khalida Tabassum Mohd Khalid W/o Abrar Ahmed R/o 29/A, 4th Cross, BSA Road, Basappa Lane, Frazer Town, Bangalore - 560005 have changed my name to Khalida Tabassum

I, Asma Begum W/o Tanveer Ahmed R/o #11 , 8 Cross , Kempaiah Block , J C Nagar , B'luru-560006 have changed my name as given name : Asma and surname as Begum

I, Sajida Tanveer D/o Tanveer Ahmed Muneer R/o #11,8 Cross , Kempaiah Block , J C Nagar , B'luru-560006 have changed my name as given name :Sajida and surname as Tanveer .

THE TIMES GROUP

Readers are recommended to make appropriate enquiries and seek appropriate advice before sending money, incurring any expenses, acting on medical recommendations or entering into any commitment in relation to any advertisement published in this publication. The Times Of India Group doesn't vouch for any claims made by the Advertisers of products and services. The Printer, Publisher, Editor and Owners of The Times Of India Group publications shall not be held liable for any consequences, in the event such claims are not honoured by the Advertisers.

GALLERIA

CADD Nest®
Nation | Energetic | Success | Technology
Job Oriented Software Training for
• Full Stack Developer
• C, C++, Java / Python / Data Science / AI / ML
• Data Analytics • Tally Prime / Advanced Excel
• SAP FICO / MM / SD / Civil / Architectural CADD
• Mechanical CADD / Interior Design • Digital Marketing
• Spoken English • Hardware & Networking
• Animation / Graphic / Web Designing
• Handwriting / Calligraphy
Contact: 9740444363 / 9740442121 / 080-41608308
www.caddnest.org

ಜಿಲ್ಲಾ ಹಾಗೂ ತಾಲೂಕು ಮಟ್ಟದಲ್ಲಿ
ಕಂಪ್ಯೂಟರ್ ತರಬೇತಿ ಕೇಂದ್ರಗಳಿಗೆ ಅರ್ಜಿ ಆಹ್ವಾನ
ಸರಕಾರದ ಅಂಗೀಕೃತ ಕಂಪ್ಯೂಟರ್, ವಿವಿಧ
ಕೋರ್ಸುಗಳನ್ನು ನಡೆಸಲು ಸುವರ್ಣಾವಕಾಶ
ಶಾಲೆ ಕಾಲೇಜುಗಳಲ್ಲಿ ಖಾತರಿ ಉದ್ಯೋಗ ಕಲ್ಪಿಸುವ 1 ವರುಷದ
ಡಿಪ್ಲೋಮಾ ಇನ್ ಕಂಪ್ಯೂಟರ್
ಟೀಚರ್ಸ್ ಟ್ರೈನಿಂಗ್ ಕೋರ್ಸು (DCTTC)
Nursery Teachers Training Course
Qual : PUC. ಈ ಕೋರ್ಸುಗಳಲ್ಲದೆ
Post Graduation Diploma in Information Technology
6 ತಿಂಗಳ DIT,DCA,DOA ಇತ್ಯಾದಿ ಕೋರ್ಸುಗಳು
ಸರಕಾರದ ವಿವಿಧ ಕೌಶಲ್ಯ ಯೋಜನೆಯ ಪಾಲುದಾರಿಕಾ ಸಂಸ್ಥೆ.
DIPLOMA IN COMPUTER DATA ENTRY OPERATOR
ರಾಷ್ಟ್ರೀಯ ಕಂಪ್ಯೂಟರ್ ಸಾಕ್ಷರತಾ ಸಮಿತಿ
The RCSS
Sharing Computer Literacy with Govt. of India
Recognized by Govt. of Karnataka
Mob. 9008419955, 9901520055, 9449198555,
Email : info@thercss.com
Website : www.thercss.com

How to cause flood in a city of lakes

CONTINUED FROM PAGE 1

According to citizen lake activists, the Doddakallasandra Lake, rejuvenated a couple of years ago, is ailing with clogged diversion channels. Locals say while they have informed the BBMP officials in the Lake department about this and other issues that need immediate attention, no action has been taken on-ground.

"The lake was rejuvenated in December 2020 but the diversion channel created for sewage water to pass has never been cleaned. I recently visited the waterbody and can see that the channels are filled with silt. A diversion channel, free of dirt and clutter is crucial for a lake's water quality. We have raised the issue multiple times, but it has not been attended to so far," said Raghavendra B Pachhapur, a city-based lake activist.

Kothnur Lake in JP Nagar is yet another waterbody screaming for attention. Locals say the inlet of the waterbody is clogged with garbage and maintenance is the issue here as well.

Walkers and locals near Goudanakere in south Bengaluru complain about the lake inlet being blocked by silt and solid waste and the lakebed covered with garbage. They say the lack of fencing around the waterbody has led to the illegal dumping of garbage inside the lake area.

"A lot of garbage has been dumped near the waterbody and has not been cleaned. A good spell of rain will drain all of this inside the lake causing havoc. It is just a matter of time," said a resident of the area.

According to Balaji, another lake activist, Yella Mallapa Shetty and Seegehalli lakes with silt deposited inside the stormwater drains and diversion channels are also disasters in the making.

"On the one hand, while half of the stormwater drains near Yele Mallappa Shetty Lake are filled with weeds, Segehalli is suffering from the plastic menace. Moreover, all the sewage lines in the area are connected to stormwater drains, never allowing the water quality to improve. With so much garbage and silt accumulated everywhere, the city is yet again staring at multiple flood episodes," said Balaji.

Experts say that while a lot of plastic waste has entered many water bodies after recent spells of rain, it is lying unattended to, causing irreversible harm to aquatic life. Moreover, with clogged diversion channels, the upcoming monsoon will only lead to sewage water entering the lakes, deteriorating water quality, leading to fish kills and harm to other forms of aquatic life.

"While we understand that the civic body has been occupied of late, lakes in Bengaluru are being maintained by third-party contractors. Moreover, while many active citizens have taken it upon themselves to highlight these issues to the officials concerned, these complaints are neglected. Diversion channels form a major aspect of lake rejuvenation projects. BBMP is putting in a lot of taxpayers' money to create these channels, only to ignore them later," said another lake expert.

Precious drop is too costly

CONTINUED FROM PAGE 1

Another resident, Radhakrishna said, "Officials say that the pipe has been damaged and they will supply water the next day, We are calling tankers to get 6,000 litres and we are spending close to Rs 600-700. We have been facing the issue for the past six month. This irregular supply of water is causing much distress."

A senior resident of the area Sameer confirmed that there was no water supply on Saturday at his place too. "There is a routine disruption in supply. We get water supply on alternate days and if we don't get water supply on the second day, the water supply is delayed by four days. How is it possible without water? We have a small water sump and eight dependents in the house," he said.

Sameer added that they used to be dependent on an open well but after many borewells have sprouted in the neighbourhood, the water level has gone down.

However, BWSSB officials told BM that there is no issue with Mahalakshmi Layout.

"There is no water supply issue in Mahalakshmi Layout. We have not received any complaints," said a senior BWSSB official.

Maintain the speed limit

Eight-lane Bengaluru-Chennai Expressway to have maximum permissible speed of 120 kmph; toll expected to be higher than toll paid on other NHAI roads

The much-delayed Bengaluru-Chennai Expressway to be completed by the end of next year

Sridhar.Vivan
@timesgroup.com
TWEETS @sridharvMIRROR

The Bengaluru-Chenani Expressway will be the first expressway connecting the city, which will have a maximum permissible speed of 120 kmph.

Meanwhile, the current Bengaluru-Mysuru Expressway has a maximum permissible speed of 100 kmph (only at certain stretches).

According to Union Transport Minister Nitin Gadkari, the much-delayed Bengaluru-Chennai Expressway may be completed by the end of next year. The Union Minister said that he has asked the officials to complete the expressway by February next year itself.

The total length of this eight-lane expressway is 262 km, and it has been built at a cost of Rs 16,730 crore. The project is being implemented in three phases. The stretch in Karnataka is 71 km long and is being executed in three packages (the first package is 26 km between Hoskote and Malur at a cost of Rs 2,698 crore; the second package is 27 km from Malur to Bangarpet at a cost of Rs 11,415 crore; and the third package is 18 km between Bangarpet and Bethamangala at a cost of Rs 956 crore) for a total cost of Rs 5,069 crore.

> **“This will save vehicle operating costs and reduce fuel consumption. This will also boost economic activity in Bengaluru, Chennai and connected industrial hubs in K’taka**-Nitin Gadkari

Gadkari said that the expressway is designed for a speed of 120 kmph and reduces the distance between Bengaluru and Chennai by 15 per cent, while the travel time is expected to reduce to 2.5 hours. “This will save vehicle operating costs and reduce fuel consumption. This will boost economic activity in Bengaluru and Chennai and connect industrial hubs in Karnataka and Andhra Pradesh to the Chennai Port. As of now, construction has been initiated on 231 km, while construction on the remaining 31 km is targeted to be initiated by March 2023. The corridor is planned to be completed and open to traffic by December 2024,” he said.

This key infrastructure project has been hanging in the air since its first announcement in the 1990s. This will be the first Greenfield expressway in south India, cutting across Hosakote, Malur (Karnataka), V Kota, Palamaner (Andhra Pradesh), Gudiyatham, Arakkonam, and Sriperumbudur (Tamil Nadu). Incidentally, this will be the shortest distance between Bengaluru and Chennai, with the distance reduced to 250 km (Greenfield area) from Hoskote to Sriperumbudur. Initially, they planned to reduce the distance further; however, it was not possible as the road was to pass through the Eastern Ghats.

The officials feared it may not get the required clearance from the Ministry of Environment, so the road is now bypassing the Eastern Ghats. The project is set to have a world-class highway with roads designed to cater to speeds of 120 kmph. The road embankment will be three to six metres above the ground to avoid distractions.

NHAI estimates that it may have to spend Rs 15 crore to Rs 16 crore to build a kilometre of the road. The toll on this road will be higher than the toll paid on the other NHAI roads.

“As it is an access controlled expressway, the toll will be higher though we have not finalised the toll rates,” said an official.

Meanwhile, NHAI officials are planning to have an alternative road from Bangalore City Centre to the expressway, which begins at Hoskote. “Right now, the Bengaluru-Mulbagal Road’s toll gate is located near Hoskote, and the Bengaluru-Chennai Expressway begins at this point. Users may not like to pay at two toll gates simultaneously. So, we are considering connecting the expressway to NH 207 (between Hosur and Dobbspet). It is still in the initial stages and needs to be finalised,” added the official.

Hunt on for pervert of Hutchins Road

Ahna Prakash
c-ahna.prakash@timegroup.com
TWEETS @BangaloreMIRROR

Residents complain that they have spotted a person who would flash teenage girls on Hutchins Road. A resident took to social media and said that on the corner of 5th Cross, Hutchins Road, she saw a boy flashing at teenage girls.

The resident said that earlier she was scared to file a complaint, but now it has been reported to the police.

According to the police, as per the description given by the complainant, the boy is usually spotted in areas of Hutchins Road, CK Gardens, and sometimes on Wheeler Road Extension, early in the morning.

“The woman informed us that the boy is usually spotted around Hutchins Road’s 3rd and 5th Crosses at 11am and then at around 3:30 pm to 5 pm. We have asked for all the details from the complainant about the boy’s physical features and are now searching for him,” said the police.

The source also claimed that when she saw the man, she screamed, but then he ran away. Later, when she was asked about the screaming by a passerby, she told them to be careful and gave the boy’s description.

Another resident, who has been living in the area for the past 10 years said that this has been happening for a couple of months, and the police have assured them that action will be taken.

“The area is not well lit, and there aren’t many people around, so even if I scream, chances are nobody will show up. I go there often with my son, and the boy will randomly jump and flash, and it’s just embarrassing,” she added.

Furthermore, the source claimed that the boy was taken into custody twice beforehand after repeated complaints by the residents, but he was released on bail.

“Some people in the area have again approached the police, and they have been cooperative about it. But it’s important for police to take concrete action because residents alone can’t enforce the law,” she explained.

NOTES FROM THE FIELD

Dress rehearsal

Usually, we find the ministers arriving at the swearing-in ceremony only a few minutes earlier, while the officials would be at the venue a day earlier to oversee the arrangements. However, this time, DK Shivakumar was in full control of the swearing-in ceremony. He was seen at the Kanteerava Stadium on Friday itself, where he held talks with the officials, including Chief Secretary Vandita Sharma, and directed them on how the dais should be set up. He even provided guidance to the officials on the choice of words for the programme and the overall setup.

Train travel

Typically, politicians use fancy vehicles to reach the venue. However, Darshan Puttannaiah, the MLA from Melukote, proved to be different. Dressed in a t-shirt and shorts, Darshan took a train to reach Bengaluru. Even on the train, he chose to travel in the Deen Dayalu class instead of first or second class. In fact, Darshan did not invite any media attention for his travel. However, onlookers who were surprised to see an MLA travelling on a second-class train captured videos on their cameras and shared them on social media.

Bombay boys

For a while now, the politicians who migrated from Congress and JDS to the BJP have often been dubbed ‘Bombay boys’. These leaders played a crucial role in bringing down the Kumaraswamy-led coalition government in the last term. Many politicians are not in favour of being identified as Bombay boys. However, during a recent press interaction, Congress MLC H Vishwanath proclaimed that he was the captain of the Bombay Boys and expressed his disagreement with former minister Sudhkar casting aspersions on Siddaramaiah.

Fancy numbers

While eight ministers have taken their oaths and many are waiting to take their oaths in subsequent cabinet expansions, there is also a competition for fancy numbers. A number of government cars have been kept ready. Interestingly, officials said that most of these cars, with G registration, have fancy numbers like 9999, 6666, or 9966, etc. It is said that a section of ministers is very particular about the cars as well as the registration numbers they use. Therefore, all the cars with fancy numbers have been assembled, and the ministers will make the final decision on which number they prefer to choose.

— Sridhar Vivan

Playin' in the rain

Some scenes from the Chinnaswamy stadium on Sunday. There was some rain to begin with. Gujarat Titans skipper Hardik Pandya won the toss and opted to field first against Royal Challengers Bangalore in the final group stage match

IN BRIEF

Vidhana Soudha off-limit

Bengaluru police said on Sunday that to maintain peace and order Section 144 of the Code of Criminal Procedure will be imposed on a radius of two km around the Vidhana Soudha building from May 22 to 24. As per the press release by the police, a special session will be held at Vidhana Soudha, during which various political parties and organisations are likely to hold protest programmes such as marches, protests, sit-in, siege of Vidhana Soudha to press for their demands.

"It is known from intelligence information that this will not only cause disruption to the activities of the session but also disturb the public peace and smooth traffic," said the police.

93.16% write CET on 2nd day

The second day of the Common Entrance Test (CET-23) conducted by the Karnataka Examination Authority (KEA) was held for Physics and Chemistry subjects smoothly at 592 centres across the state on Sunday. S Ramya, ED, KEA, stated in a press release on Sunday that out of 2,61,610 registered candidates, a total of 2,43,728 (93.16 pc) candidates appeared each for Physics and Chemistry. On Monday Kannada language test will be conducted for Horanadu and Gadinadu Kannadiga candidates.

No zero traffic for me, says CM

A day after assuming office as Chief Minister, Siddaramaiah on Sunday asked Bengaluru police to take back zero traffic protocol for him. He said he took the decision in view of the problems faced by people. – PTI

₹2000 note: Requisition slip relief, courtesy SBI

Move will allow people to swap out 10 notes at one go, without filling in the requisition slip; no need to submit identification

India's largest lender on Sunday announced that it would be allowing customers to exchange the soon-to-be withdrawn Rs 2000 note without a requisition slip for amounts up to Rs 20,000.

The move will allow people to swap out 10 notes at one go, without filling in the requisition slip.

"It has been decided that the facility of exchange of Rs.2000/- denomination Bank Notes to all members of the public upto a limit of Rs.20000/- at a time will be allowed without obtaining any requisition slip as per the format attached in Annexure- III," a circular from the state lender said.

In addition, the bank clarified that people will not need to submit identification at the time of exchange. "Further no identity proof is required to be submitted by the tenderer at the time of exchange," the circular adds. The Reserve Bank of India on Friday announced that it would be withdrawing the Rs 2000 currency notes from circulation, giving the general public till September 30 to deposit or exchange the currency. The denomination will continue to be a legal tender, the RBI said in a statement.

RBI had announced withdrawal of ₹2000 currency notes from circulation and given public till Sep 30 for exchange

The RBI advised banks to stop issuing Rs 2000 denomination banknotes with immediate effect, when it made the announcement.

India's largest denomination, the Rs 2000 note, was first introduced in November 2016, after the Narendra Modi government had announced that they would be scrapping Rs 500 and Rs 1000 notes. — ET Online

A man takes a selfie before deposit currency of Rs. 2000 at a branch of SBI bank, in Dhanbad, Saturday

Jewellers getting inquiries for gold; no panic buying

Jewellers in India, the world's second largest gold consuming country after China, have started receiving more inquiries for purchase of gold or silver immediately after the Reserve Bank's announcement to withdraw Rs 2,000 notes from circulation. However, there is no panic buying of the precious metal unlike the situation witnessed in 2016 during demonetisation, jewellers body GJC said on Sunday.

In fact in the last two days, the actual gold purchase has been less in exchange of Rs 2,000 notes due to strict Know your Customer (KYC) norms although sources said some jewellers have started charging a 5-10 per cent premium, taking the gold prices to Rs 66,000 per 10 grams level. Currently, gold prices have corrected to around Rs 60,200 per 10 grams level in the country. "There have been a lot of inquiries about purchasing gold or silver with Rs 2,000 notes, hence the higher footfalls on Saturday. However, due to strict KYC norms actual purchase has been less," apex industry body All India Gem And Jewellery Domestic Council (GJC) Chairman Saiyam Mehra told PTI. There is "no such panic" and footfalls have also settled down as the RBI has kept a larger window of four months as the deadline for withdrawing the pink notes from the market, he said. – PTI

B'luru makes a run for it

Abhijeet Kabad
mybangaloremirror
@timesgroup.com
TWEETS @BangaloreMIRROR

The 15th edition of the Tata Consultancy Services World 10K went on with full fervour as many turned up at the Sree Kanteerava Stadium on Sunday morning. The event had four categories: open 10k run, Majja run, senior citizens run and champions with disability run. The run passed through some popular spots of the city like Chinnaswamy Stadium, Vidhana Soudha and Cubbon Park, and culminated at the stadium. Water stations were set up at regular checkpoints for the runners.

Sebastian Sawe from Kenya won in the men's Elite category and Tsehay Gemechu from Ethiopia was declared the winner in the women's Elite category. Three Kenyans featured in the top four of the men's race. It was a close call as it was a difference of milliseconds between Sawe and Rodrigue Kwizera from Burundi.

"The last two kilometres was really tough. I told myself I have to push really hard, even the last 500m was very challenging," Sawe said.

It was an Ethiopian 1-2-3 in the women's race with Fotyen Tesafe finishing four seconds behind Gemechu (31:38) and the experienced Dera Dida only seven seconds shy of the winner.

The winners took home an equal prize cheque of USD 26,000 each.

In the Indian elite athletes, Murli was the frontrunner in the men's category, beating Harmanjot and Uttam. Among the women appearing for the first time, 19-year-old Tamshi Singh was the winner. The debutant was impressive as she finished in style.

Some of the participants spoke to Bangalore Mirror. Akshat Konaje, a runner of the Majja run, said, "This was my first event and I thoroughly enjoyed it. The arrangement for the race could have been done better as there was confusion initially on where to enter the stadium from. But finishing the race was exhilarating and the programs arranged thereafter pumped me up with enthusiasm."

Shivshankar Ubhayakar, a participant of the senior citizens run said they got to see Kris Gopalakrishnan who is the promoter of Infosys. "There were a lot of people running in groups that participated. Our group called AIVRF consisted of people above the age of 60 who used to work in banks. We were a group of 98 people and we won the trophy. The arrangement was good as we got a vehicle for pickup and drop."

Ethopian Athlete Tsehay Gemechu crosses the final line to win the gold medal in the elite woman category during TCS World 10K at Kanteerava Stadium

HEALTH TIP: Try floating therapy for relaxation; it involves immersing yourself in a sensory deprivation tank filled with saltwater

Eye yoga exercises can help relax and strengthen your eye muscles, potentially improving vision and reducing eye strain

BangaloreMirror 9
Monday, May 22, 2023
mybangaloremirror@timesgroup.com
facebook.com/thebangaloremirror
@BangaloreMirror

Hold your ground

Balance declines with age, but exercise can help with risk of falling

My wife and I were in the grocery store recently when we noticed an older woman reaching above her head for some produce. As she stretched out her hand, she lost her balance and began falling forward. Fortunately, she leaned into her grocery cart, which prevented her from falling to the ground.

Each year, about one in every four older adults experience a fall. In fact, falls are the leading cause of injuries in adults ages 65 and older. Falls are the most common cause of hip fractures and traumatic brain injuries.

Injuries like those are also risk factors for placement in a nursing home, where the fall risk is nearly three times higher than for people living in the community.

A number of physical changes with aging often go unseen preceding falls, including muscle weakness, decreased balance and changes in vision.

I am a physical therapist and clinical scientist focused on fall prevention in older adults, commonly ages 65 and older.

Why aging leads to increased risk of falls

Aging is a process that affects the systems and tissues of every person. The rate and magnitude of aging may be different for each person, but overall physical decline is an inevitable part of life. Most people think aging starts in their 60s, but in fact we spend most of our life span undergoing the process of decline, typically beginning in our 30s.

lder adults are more prone to falling for various reasons, including age-related changes in their bodies and vision changes that leave them vulnerable to environmental factors such as curbs, stairs and carpet folds.

Based on my experience, here are some common reasons older adults may experience falls:

First, aging leads to a natural loss of muscle strength and flexibility, making it more challenging to maintain balance and stability. The loss of strength and poor balance are two of the most common causes of falls.

Second, older adults often have chronic conditions such as arthritis, Parkinson's disease or diabetes that can affect their mobility, coordination and overall stability.

In addition, certain medications commonly taken by older adults, such as sedatives or blood pressure drugs, can cause dizziness, drowsiness or a drop in blood pressure, leading to an increased risk of falls.

> **older adults can have chronic conditions such as arthritis that can affect their mobility, coordination, and stability**

Age-related vision changes, such as reduced depth perception and peripheral vision and difficulty in differentiating colors or contrasts, can make it harder to navigate and identify potential hazards. Hazards in the environment, such as uneven surfaces, slippery floors, inadequate lighting, loose rugs or carpets or cluttered pathways, can significantly contribute to falls among older adults.

Older adults who lead a sedentary lifestyle or have limited physical activity may also experience reduced strength, flexibility and balance.

And finally, such conditions as dementia or Alzheimer's disease can affect judgment, attention and spatial awareness, leading to increased fall risk.

Theories of aging

There are numerous theories about why we age but there is no one unifying notion that explains all the changes in our bodies. A large portion of aging-related decline is caused by our genes, which determine the structure and function of bones, muscle growth and repair and visual depth perception, among other things. But there are also numerous lifestyle-related factors that influence our rate of aging including diet, exercise, stress and exposure to environmental toxins.

A recent advance in scientific understanding of aging is that there is a difference between your chronological age and your biological age. Chronological age is simply the number of years you've been on the Earth. Biological age, however, refers to how old your cells and tissues are.

It is based on physiological evidence from a blood test and is related to your physical and functional ability. Thus, if you're healthy and fit, your biological age may be lower than your chronological age. However, the reverse can also be true.

I encourage patients to focus on their biological age because it empowers them to take control over the aging process. We obviously have no control over when we are born.

By focusing on the age of our cells, we can avoid long-held beliefs that our bodies are destined to develop cancer, diabetes or other conditions that have historically been tied to how long we live.

And by taking control of diet, exercise, sleep and other lifestyle factors you can actually decrease your biological age and improve your quality of life. As one example, our team's research has shown that moderate amounts of aerobic exercise can slow down motor decline even when a person begins exercise in the latter half of the life span.

Fall prevention

Adopting lifestyle changes such as regular, long-term exercise can reduce the consequences of aging, including falls and injuries. Following a healthy diet, managing chronic conditions, reviewing medications with health care professionals, maintaining a safe home environment and getting regular vision checkups can also help reduce the risk of falls in older adults.

There are several exercises that physical therapists use to improve balance for patients. It is important to note however, that before starting any exercise program, everyone should consult with a health care professional or a qualified physical therapist to determine the most appropriate exercises for their specific needs. Here are five forms of exercise I commonly recommend to my patients to improve balance:

Balance training can help improve coordination and proprioception, which is the body's ability to sense where it is in space. By practicing movements that challenge the body's balance, such as standing on one leg or walking heel-to-toe, the nervous system becomes better at coordinating movement and maintaining balance. A large research study analyzing nearly 8,000 older adults found that balance and functional exercises reduce the rate of falls by 24 per cent.

Strength training exercises involve lifting weights or using resistance bands to increase muscle strength and power. By strengthening the muscles in the legs, hips and core, older adults can improve their ability to maintain balance and stability. Our research has shown that strength training can also lead to improvements in walking speed and a reduction in fall risk.

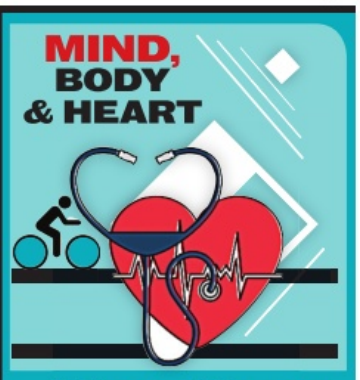
Tai chi is a gentle martial art that focuses on slow, controlled movements and shifting body weight. Several combined studies in tai chi have demonstrated a 20 per cent reduction in the number of people who experience falls.

Certain yoga poses can enhance balance and stability. Tree pose, warrior pose and mountain pose are examples of poses that can help improve balance.

Flexibility training involves stretching the muscles and joints, which can improve range of motion and reduce stiffness. By improving range of motion, older adults can improve their ability to move safely and avoid falls caused by limitations in mobility.

When I think back about the woman who nearly fell in the grocery store, I wish I could share everything we have learned about healthy aging with her.

— Evan Papa (The Conversation)



All problems solved

Dear Coleen

I'm a single woman in my early 40s and the situation at home is driving me mad.
A few years ago, I invited my friend and her boyfriend to live with me after they hit hard times and lost their house.
It was meant to be temporary, but one year rolled on to the next. At first, it was good and we all got along.
Then they started having relationship problems and she found out he'd been cheating on her.
Long story short, he moved out and she stayed with me.
She's pretty depressed, which means she does nothing to help in the house. She doesn't contribute much financially either.
Most days I come home, I just avoid her because I'm worried that if I start talking it'll end in a huge argument.
I know she's fragile and I won't kick her out, but I've had to put up with this for over a year and I'm at breaking point.

COLEEN SAYS

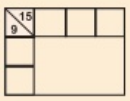
It's a very difficult situation and, while I admire you for being a good friend, you also need to be kind to yourself.
Look, I think it is possible to talk to her sensitively to explain how you're feeling without causing an argument.
Start by telling her you're concerned about her and that you can see she's not coping.
It's very hard to help someone who won't help themselves, but she is living in your home, so you can insist on some house rules. Routines involving small jobs and housekeeping can be really useful in helping to busy the mind, get some structure in the day, and provide easy goals. Maybe she hasn't realised how far things have slipped or the impact she's having on you.
And I think if you approach it in a supportive way, as in "let's do this together", then she won't feel cornered.

—Coleen Nolan, Daily Mirror

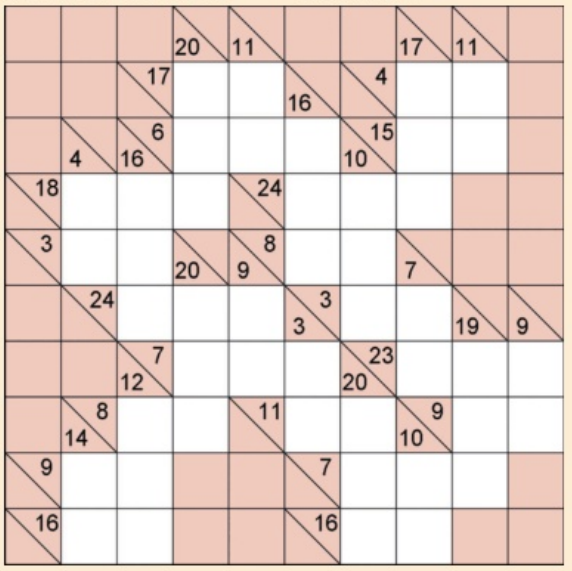
mybangaloremirror@timesgroup.com
facebook.com/theBangaloremirror
@BangaloreMirror

Kakuro

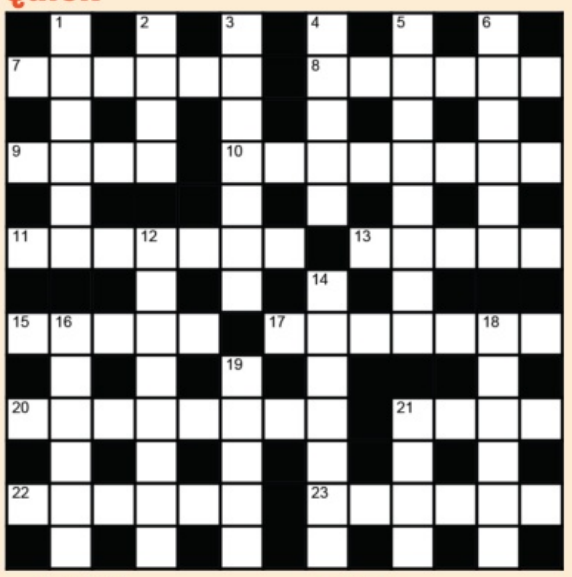
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Eyeshades (6)
8 Rails (6)
9 Desist (4)
10 Took a break for a short while, perhaps? (8)
11 Braggart (7)
13 Leg up (5)
15 Minor adjustment (5)
17 Associates on very friendly terms (7)
20 Hopping mad (8)
21 Pavement edge (4)
22 Singer ___ Estefan (6)
23 Overcharge (3,3)

DOWN

1 Mediaeval painter (6)
2 Rise or ascend (2,2)
3 Seized; appropriated (7)
4 Goods in store (5)
5 Searches a person for concealed weapon, etc.? (4,4)
6 Sportsmen on snow slopes (6)
12 Leading act (4,4)
14 Counterfeit (7)
16 Once in seven days (6)
18 Bereaved, deprived of (6)
19 Northernmost district of Karnataka (5)
21 Maintained or held? (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: W EQUALS G

XI GIMUJIQB UML FLPE JIPD GJI XFQY WFZLW FL, MB BIQKMLGB XMZG NDFL M TMB-GIQ. – TMQZM TFLGIBBFQZ

Linemaro

You don't need to speak. Just smile and you make my day

Mindchow

If you can't be happy in life, what else is there?

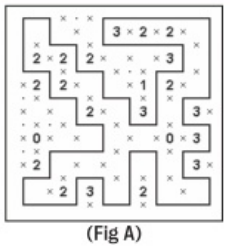
Joke of the day

Chuck Norris once tried to defeat Garry Kasparov in a game of chess. When Norris lost, he won in life by roundhouse kicking Kasparov in the side of the face.

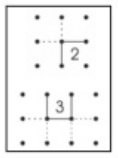
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)



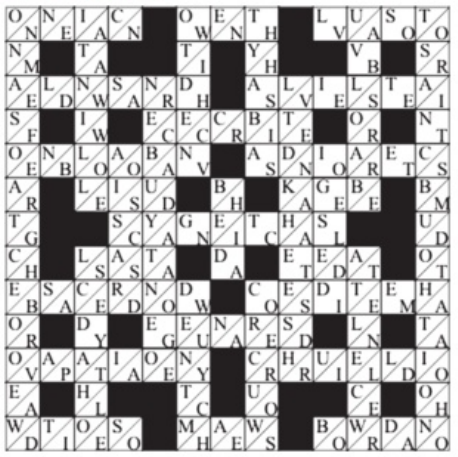
(Fig B) Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

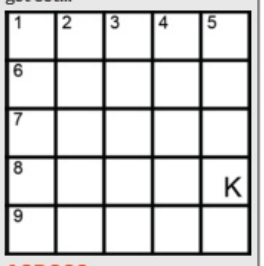
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Sir CB; 6 Siren;
7 Oasis; 8 CK Hun;
9 Gees I

DOWN

1 Or CCs; 2 Irish;
3 Sues I; 4 Begin;
5 Skean

Mensapuzzle

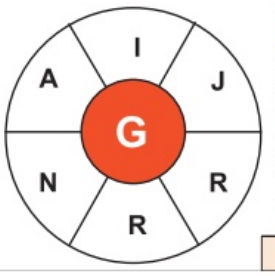
What four-digit number should replace the question mark?

4342 (3176) 1726

7995 (7516) 2162

8418 (????) 1725

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

04 Average; 05 Good; 07 Outstanding

SudokuChallenge

8				4				7
	4		1		3		8	
3		7				1		5
			3	8	9			
	9	8				5	2	
			7	2	5			
9		1				6		4
	3		6		1		9	
6				9				1

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 1
4 5 6 8

Medium = 3
1 2 7 7

Hard = 1
2 7 8 3

Hocusfocus

Find at least six differences in details between panels.

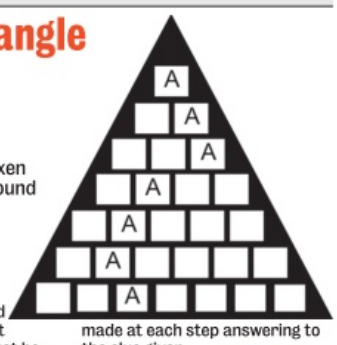
Differences: 1. Sleeve is different. 2. Cord is different. 3. Chair is different. 4. Vacuum bag is different. 5. Foot is moved. 6. Woman is thinner.

Riddler

Beverley earns five-sixths plus £62 of her monthly income from her Job, and one-eighth minus £32 from her hobby. Assuming she has no other source of income, how much does she earn from her hobby?

Alpha triangle

1 First letter
2 Bye!
3 Afternoon drink
4 Story
5 Coffee bar order
6 Cows, bulls and oxen
7 Make a rattling sound



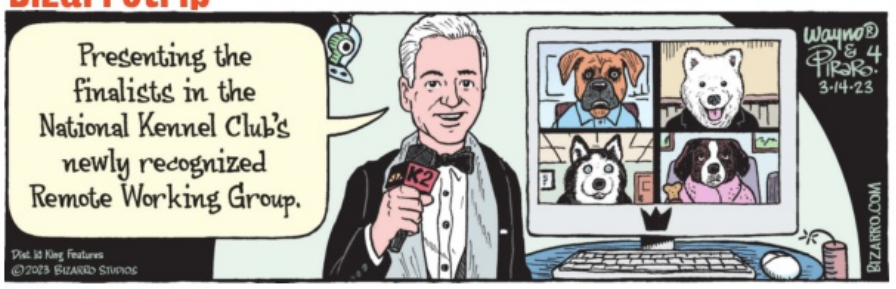
Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip


Presenting the finalists in the National Kennel Club's newly recognized Remote Working Group.
Wayno & Piraro 3-14-23
BIZARRO.COM
Dist. by King Features
©2023 Bizarro Studios

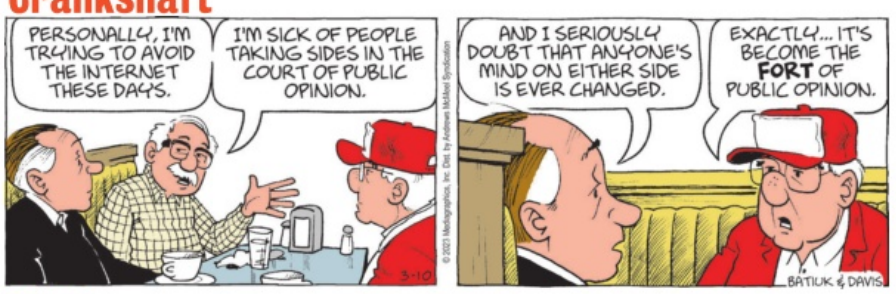
Diamond Lil

And now, a brief message from the National Council on Timepiece Abuse:
WATCH BATTERY
©2023 creators.com 3/14
www.creators.com
This has been a brief message from the National Council on Timepiece Abuse.

Hart of the city

MOM, DO YOU LIKE YOUR JOB AS A HOMEMAKER?
OH, YEAH! THE OFFICE IS ALWAYS A MESS, BUT MY CLIENTS ARE GREAT.
DECENT BENEFITS?
THE BEST.
AW, MOM!
HEART OF THE CITY © 2023 ANDREWS MCMEEL
GOCOMICS.COM/HEARTOFTHECITY

Crankshaft


PERSONALLY, I'M TRYING TO AVOID THE INTERNET THESE DAYS.
I'M SICK OF PEOPLE TAKING SIDES IN THE COURT OF PUBLIC OPINION.
AND I SERIOUSLY DOUBT THAT ANYONE'S MIND ON EITHER SIDE IS EVER CHANGED.
EXACTLY... IT'S BECOME THE FORT OF PUBLIC OPINION.
BATIUK & DAVIS

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may be able to complete difficult tasks very easily, which will boost your confidence. Your past investments may yield good gains. You are advised to avoid arguments on worthless topics as they can waste your precious time.

Taurus Apr 21 – May 20
Today is not a good day. You may feel unhappy and dissatisfied with your current situation. It is advised to be patient and avoid making any hasty decisions. Take care of your parents.

Gemini May 21 – Jun 21
Today, you may feel enthusiastic and have a strong focus on your goals. You are likely to achieve your targets easily. Short work-related trips may bring benefits in the near future. Your colleagues and friends may assist you in completing important projects.

Cancer Jun 22 – July 23
Today, you are blessed by Jupiter and the moon. Expect rewards for your social services. Your seniors will appreciate you, and you may even receive promotions. Your losses may turn into profits, increasing liquidity in your business. Consider investing more capital into your family business for future growth.

Leo Jul 24 – Aug 23
Today, you may feel happy, and your health is good, giving you inner strength and confidence. You will maintain your reputation by efficiently managing tasks. Your social prestige is likely to increase.

Virgo Aug 24 – Sep 23
Today, you may feel disappointed. Control your arrogance as it may lead to losses when speaking with others. Lovebirds should be careful during discussions to avoid affecting their relationship.

Libra Sep 24 – Oct 22
Today, peace of mind prevails. You may plan to invest capital in your business, increasing liquidity. Your earnings will improve your financial health. Enjoy romantic moments with your spouse, enhancing harmony in family life. Singles may find suitable matches, and lovebirds may decide to get married. Students will be blessed with good karma.

Scorpio Oct 23 – Nov 22
Today, you will be very happy as your losses turn into profits. Your seniors will appreciate your work. There may be changes in your position or responsibilities at work, possibly promotions. Your opponents and hidden enemies are under control. Singles and lovebirds may make important decisions regarding marriage with the help of relatives or friends.

Sagittarius Nov 23 – Dec 22
Today, you are blessed by a positive moon, and your health is good. You may visit a spiritual place with family or friends and consider making a donation to a charity. Property-related deals may be finalised, and there may be plans for overseas travel related to work.

Capricorn Dec 23 – Jan 20
Today, you may be a victim of conspiracies. Avoid getting involved in controversies. Your strong willpower and blessings from elders will protect you. Avoid arguments in your love life and refrain from reckless driving or adventurous tours.

Aquarius Jan 21 – Feb 19
Today, you will be happy and experience peace of mind. Your focus on goals will be strong. Romantic moments with your spouse will strengthen your bond. You will also be occupied with other domestic issues.

Pisces Feb 20 – Mar 20
Today, you may feel more enthusiastic, and your performance at work will be good, improving your relationship with seniors. You may receive new responsibilities and promotions. In legal matters, you may receive good news. Your opponents and hidden enemies will be under control.

KIDZONE

Tejaswini S, 8 Years, Cordial School

Chethana L, 12 Years, Prathana Education Society

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
5 + 1 × 5
5 + 5
= 10

RIDDLER ₹58

QUOTE UNCODE
We teachers can only help the work going on, as servants wait upon a master. – Maria Montessori

FAST FIVE

S	I	E	G	E
C	H	U	N	K
O	S	S	I	A
R	I	S	E	N
C	R	I	B	S

BULL'S EYE
JARRING, rang, gain, grain, grin, rang, ring

STRIKE OUT

D	I	E	S		H	A	S		B	R	A	N		
A		H			C		U		E		O			
O	P	T	I	O	N		C	H	I	L	L	I		
R		Y		G	E	A	R	S		L		T		
E	S	C	R	O	W		O	E	D	E	M	A		
H		S	A	T		D		T	E	T		T		
R		L	S	D	H		K	G	B		M			
O	N	L	O	A	N		S	N	O	R	E	S		
F		I		E	R	I	E		O		N			
E	D	W	A	R	D		A	V	E	S	T	A		
N		T		I		H		B		R				
O	N	A	N		W	E	T		V	A	S	T		

QUICK

V	I	S	O	R	S		T	R	A	C	K	S		
O		U		O		T		I						
S	T	O	P		R	E	C	E	S	S	E	D		
T		P		K		D		R						
B	O	A	S	T	E	R		B	O	O	S	T		
T		T		D		F		W						
T	W	E	A	K		H	O	B	N	O	B	S		
E		R		B		R		E						
S	E	E	T	H	I	N	G		K	E	R	B		
R		Y		G	E	A	R	S		L		T		
O	P	T	I	O	N		C	H	I	L	L	I		
D	I	E	S		H	A	S		B	R	A	N		

MENSA PUZZLE
4725: delete the digits outside the brackets that appear twice, and insert the remaining digits in the brackets in the same order that they appear outside (4725) brackets – 8418 (4725) 1725.

SUDOKU

6	7	5	8	9	4	2	3	1
2	3	4	6	5	1	7	9	8
9	8	1	2	3	7	6	5	4
4	6	3	7	2	5	8	1	9
7	9	8	4	1	6	5	2	3
1	5	2	3	8	9	4	7	6
3	2	7	9	6	8	1	4	5
5	4	6	1	7	3	9	8	2
8	1	9	5	4	2	3	6	7

ALPHA TRIANGLE
A, Ta, Tea, Tale, Latte, Cattle, Clatter.

GO FIGURE
Easy
4 – 5 + 8 – 6 = 1
Medium
2 – 7 + 1 + 7 = 3
Hard
7 – 8 x 2 + 3 = 1

LOOP

KAKURO

Volume No 15, Issue No 235 RNI NO:KARENG/2007/21142 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018 and printed by him at Fourth Estate Ltd, No. 9/10/11-A, 4th Main, Bommasandra Industrial Area, Hosur Road, Bengaluru 560099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamarajpet, Bengaluru 560 018. Email : mybangaloremirror@timesgroup.com Editor : Ms. Seena Menon – responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

SANDALWOOD SHOTS
Y MAHESWARA REDDY

Welcome back

Bollywood playback singer Kunal Ganjawala makes a comeback to Sandalwood after a gap of eight years with two songs for the movie Richie. One of the songs – Kaledu Hogiruve – was released at a function held at Renukamba Preview Theater, Malleswaram on Thursday.

Ganjawala debuted in Sandalwood with – Neene Neene – for the movie Akash in 2005. He has sung songs for Mungaru Male and then for Masterpiece.

"Generally, I did not attend audio launch functions. But I have to come to Bengaluru because of music director Agastya Santosh and producer-cum-director and hero Richie. I am happy to release the song. The other song has a theme of pathos. Chinni Prakash has done the choreography while Ghouse Peer penned the lyrics. I wish all the best to the cast and crew," said Ganjawala, adding that he could not forget his meeting with Dr Rajkumar in 2005 during the audio recording of Akash in which Puneeth Rajkumar played the lead.

Richie said the film is romantic suspense thriller, scheduled for release in August. "I have been a fan of Kunal Ganjawala. I had a desire to have him sing a song for my movie. Now, my desire is fulfilled. I plan to release this movie in Kannada and Hindi," he said.

Not for real

Tollywood actors Naresh and Pavitra Lokesh have been busy with the promotional activities of their latest movie Matthe Maduve that is scheduled for release in Telugu and Kannada. The Telugu title of this movie is Malli Pelli.

The actors who were in the city recently said the film has nothing to do with their personal life though the trailer showed a few incidents from their personal life. "This movie has nothing to do with our personal life. Don't come to a conclusion after watching the trailer. We wanted to convey a good message to society. I cannot reveal the story of this movie. But, all I can say is real life is different from reel life," said Pavitra.

Pavitra said that she wanted the public to refrain from linking personal with professional. "No one wants to hit the headlines unnecessarily. I was introduced to Sandalwood by the late Ambareesh in 1994. I never met media persons to complain against anyone. A few people made an attempt to defame me," she said. On the occasion, Naresh said that there was polygamy among gods. "Kings used to have more than one marriage. I am not single. Pavitra Lokesh and I are in a relationship," Naresh said.

Can I have the tick back?

Dia Mirza wants her Twitter blue tick back. The actor tweeted on Sunday seeking help from the microblogging site as her account doesn't have a blue tick despite her subscription. "Have had a verified Twitter account since 2010. Despite subscription well before the verified ticks started disappearing on accounts this account doesn't seem to have a blue tick yet. Why? All other advantages of being a subscriber seem to be working, including the option of longer tweets," she wrote.

Her tweet garnered varied reactions from her followers. Filmmaker Amoghavarsha wrote, "If you've changed your profile pic it'll take a week or so for the blue tick to reappear." To which Dia replied, "Have not changed profile picture." Another follower wrote, "It's unfortunate that Twitter is seeking charges for authenticating and verifying users while they are bound to do it and also it's shameful how they deprive users who add value to their platform and contribute to the society but promptly honour non-legit and trolls with blue ticks just for (money bag emoji)."

On the work front, Dia will soon be seen in Dhak Dhak sharing screen with Ratna Pathak Shah, Fatima Sana Shaikh, and Sanjana Sanghi. Helmed by Tarun Dudeja, the film narrates an adventurous story of a road trip undertaken by a girl gang. **–ETimes**

Feeling grateful

Life has given me a lot: Manushi Chhillar

Manushi Chhillar is a name that needs no introduction today. Coming from a medical background, she has paved a path that is nothing less than an inspiration for this generation. From bringing back the crown after 17 years Miss World Manushi Chhillar is on a roll with owning the year 2023, the actress also became the First Indian global brand ambassador for a leading beauty brand and a stunning debut at the Cannes 2023, Manushi's journey can be reckoned as real 'rags to riches'.

Recently during an interview, when Manushi was asked to share about how she manages to deal with all the ups and downs in her life, the former miss world and actor, replied, "Life has really spoilt me. Personally, Whatever I wanted from life, I think life has given me more for which I am very very grateful." The actress has created a niche market of her own and enjoys a dedicated loyal fanbase across the country. She has left everyone stunned with her gracious presence at Cannes Film Festival. Well-dressed in different attires, Manushi truly raised the glamour quotient on the red carpet. On the work front, Manushi will next be seen in 'Tehran'.

–ETimes

Anushka in B'luru to cheer for hubby

Expecting to see Anushka Sharma walk the iconic Cannes red carpet tonight? You will have to wait a little longer as the 'Rab Ne Bana Di Jodi' actress is currently in Bengaluru to be by the side of her husband and cricketer Virat Kohli's team Royal Challengers Bangalore.

On an important match day, Anushka decided to be with Virat. Earlier, she was spotted taking a flight to Bangalore from Mumbai international airport. Sporting a comfy athleisure look, Anushka smiled at the paps and posed for a few pics. She paired a white crop tee with black athleisure pants and a matching cap for her airport look. After reaching the Silicon Valley of India, Anushka gave a glimpse of the Bengaluru rains. **–ANI**

For a change of scene

Richa Chadha and Ali Fazal have turned producers and have already wrapped up their first film. It's titled 'Girls Will Be Girls'. The film will see Shuchi Talati making her debut as a director. While the prestigious Cannes Film Festival is currently happening, Ali and Richa are there as producers. As per reports, they're looking for partnerships to expand their ventures.

However, Richa has been at the Cannes earlier for her film 'Masaan' which marked Vicky Kaushal's debut directed by Neeraj Ghaywan. The funny part is, while Richa is back at the festival after many years, they still have her picture from the 2015 release 'Masaan' on her ID Card. The actress shared a picture on her story and wrote, "My first Cannes as a producer but had my photo saved from Masaan LOL."

Meanwhile, Richa also shared a picture of Ali and wrote, 'Baby's first Cannes'. The actress is set to star alongside British star William Moseley in 'Ainaa' which is an upcoming co-production between India and UK. She will be seen next in 'Heeramandi' and 'Fukrey 3'. Meanwhile, Ali was recently in Rome for the premiere of 'Fast X' which saw him at the red carpet along with Vin Diesel. **–ETimes**